



## **General Diet**

## **Kosher Diet**

### **General Description**

The Kosher diet at the Clinical Center is approved by the Rabbinical Council of Vaad Harabanim of Greater Washington, and conforms to Orthodox dietary restrictions.

### **Indications for use**

This diet is usually requested for religious reasons.

### **Nutritional Adequacy**

In comparison to the Dietary Reference Intakes, this diet is nutritionally similar to the regular diet. Calcium intake may be limited, because dairy products are not to be consumed with meat. However, this can be resolved by including dairy products between meals or in meatless meals, or by increasing quantities of dark green leafy vegetables. Sodium content in the Kosher diet may be high, as the meals are prepackaged and the “koshering” process requires soaking meat in a salt water solution.

### **Guidelines**

- Jewish dietary laws delineate foods that are strictly prohibited and foods that may only be eaten if prepared and served in a specific way. A kosher meat comes from an animal that has been slaughtered according to Jewish law, chews its cud and has split hooves, and has undergone a soaking and salting “koshering” process. A Glatt kosher meat has received a specific certification. Non-kosher foods include all pork products, fish without scales, all shellfish, eel, shark, catfish, whale, porpoise, and wild birds. A Pareve or neutral food product has no meat or dairy properties, and therefore may be used with meat or dairy foods. Some examples of pareve food products include eggs, kosher fish, most fruit ices, coffee, tea, water, fruits, grains, vegetables, some margarines, and prepackaged foods labeled “pareve”. However, after pareve foods are cooked or served with either meat or dairy, then

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they are classified the same as the accompanying meal. Meat products and dairy products may never be eaten, served, or cooked together, and patients may wait up to 6 hours between eating meat and dairy products.

- Kosher menus are available. Although the Clinical Center Nutrition Department does not maintain a Kosher Kitchen, it is able to provide hot kosher meals, both dairy and meat (Glatt) for breakfast, lunch, and dinner.
- Whole, uncut fruits and vegetables can be provided.
- Prepackaged frozen dinners (Glatt) are available for patient use, and are appropriate for patients who have no special nutrient needs or restrictions.
- Some patient care units may have limited storage space which, if available, can be arranged with nursing staff to store kosher foods for patients. However, the Nutrition Department is not able to provide refrigerator space or to store or cook any foods brought in by patients.
- The Nutrition Department is limited in its ability to accommodate some nutrient modifications (e.g. sodium-restricted, gluten-free) for the Kosher patient, given the pre-prepared nature of the products and lack of availability of nutrient- modified Kosher products.
- All hot entrees are served and heated in their original, double-wrapped, and sealed packages. Kosher meals are served on disposable trays with all disposable plates, bowls, and plastic ware.
- No food items will be substituted on the Kosher menu from the non-kosher inventory. When a substitution is necessary, another item from the Kosher menu will be offered.
- Observance of Passover - during Passover, bread is replaced with unleavened bread (matzo). Foods made with flour or any leavening agent, such as yeast or baking powder, are not allowed. Many individuals only use foods that are certified and labeled “kosher for Passover”. The Nutrition Department, with adequate, advance notice, may be able to purchase “kosher for Passover” prepackaged dinners.

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- A Registered Dietitian or Dietetic Technician will meet with the patient to discuss specific dietary needs, and will arrange to have those needs met within the scope of the Nutrition Department capabilities.

**MEAL PLAN**

<b>BREAKFAST</b>	<b>LUNCH</b>	<b>DINNER</b>
APPLE JUICE PLAIN OMELET BAGEL JELLY PAREVE MARGARINE TEA	BAKED ZITI DINNER APPLE CHALLAH ROLL PAREVE MARGARINE TEA	ROAST CHICKEN DINNER APPLE SAUCE CHALLAH ROLL PAREVE MARGARINE TEA

**Reference:**

Kosher Diet. In: Manual of Clinical Dietetics. 6<sup>th</sup> edition. Chicago, Illinois, American Dietetic Association; 2000:785-789.